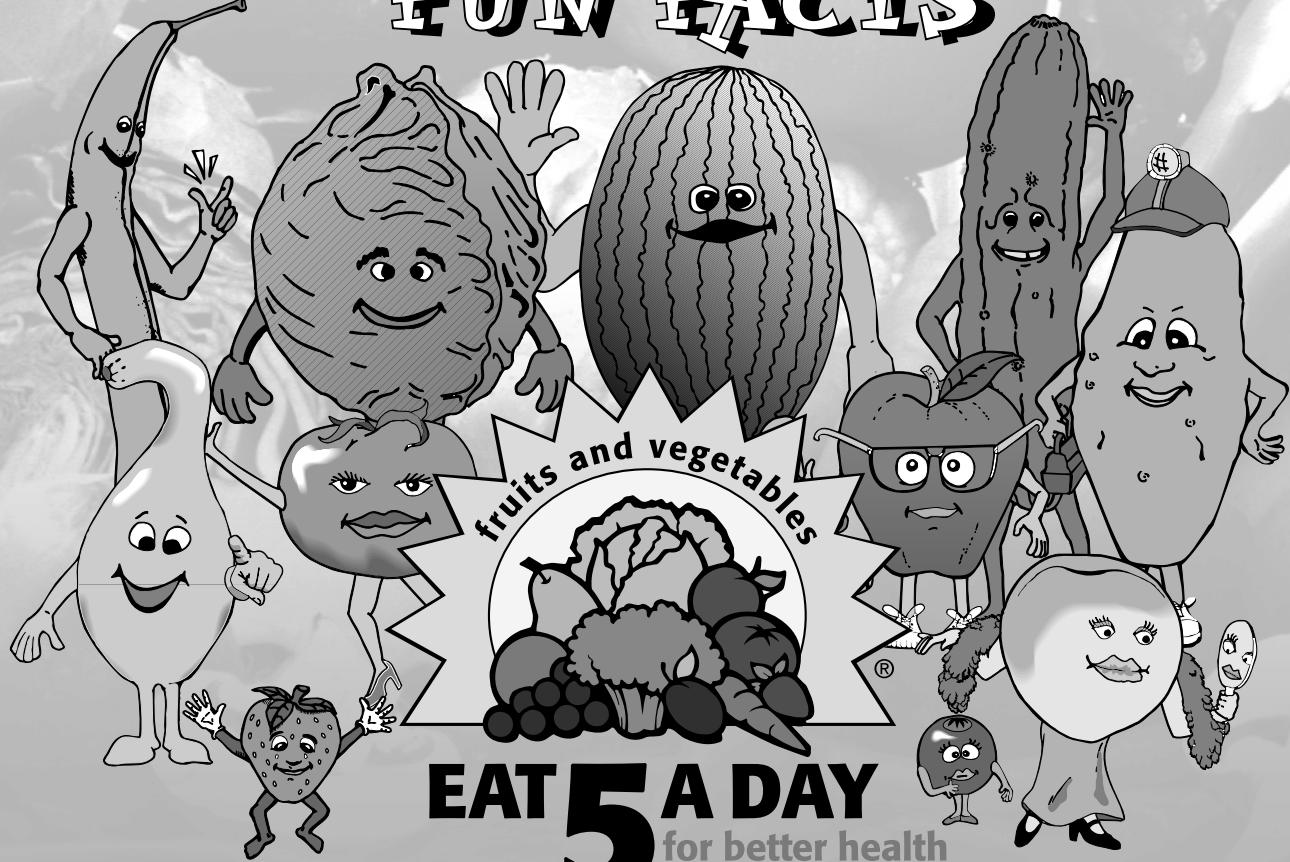
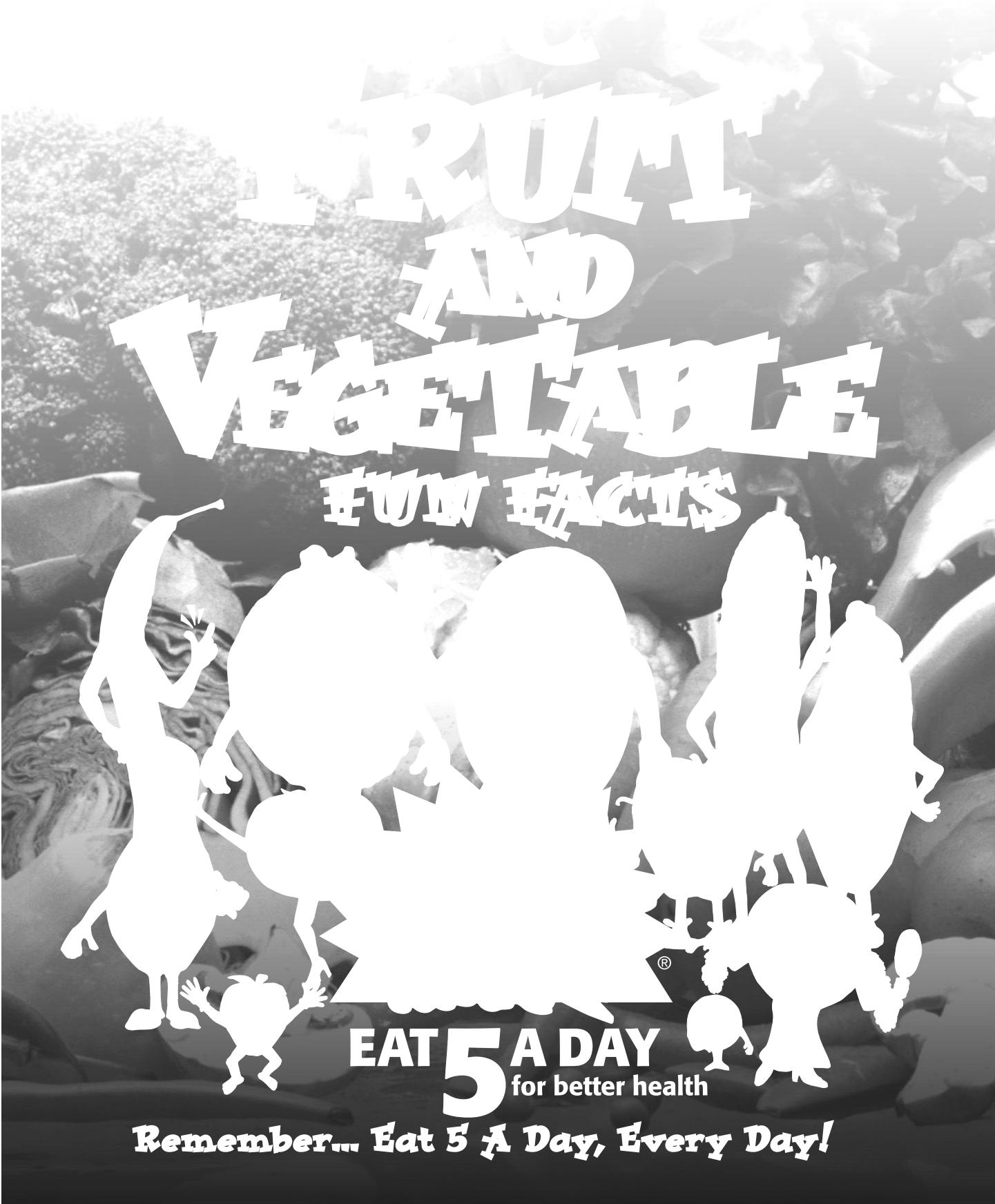


SC FRUIT AND VEGETABLE FUN FACTS

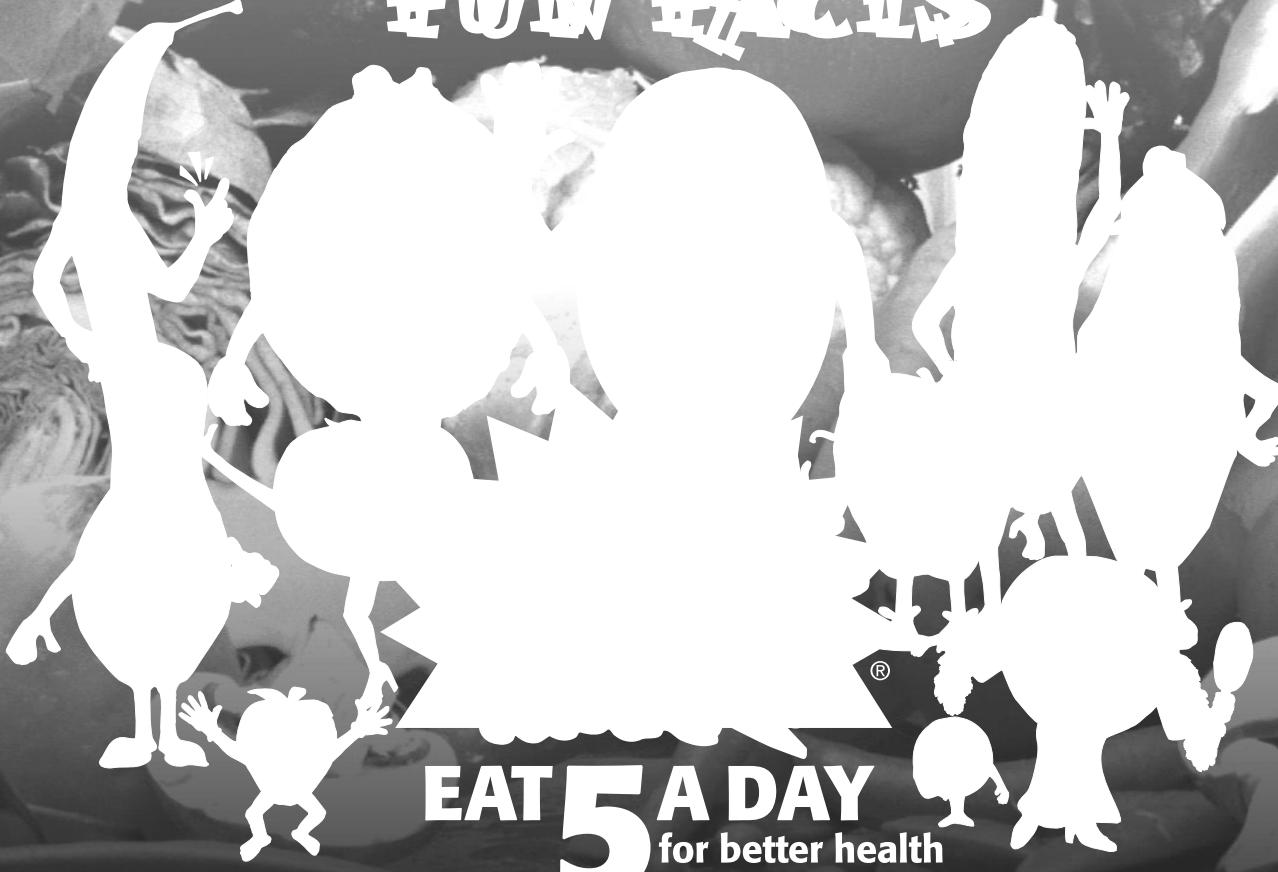


EAT 5 A DAY
for better health

Remember... Eat 5 A Day, Every Day!



FRUIT AND VEGETABLE FUN FACTS



EAT **5** A DAY
for better health

Remember... Eat 5 A Day, Every Day!

What's 5 A Day?

Lots of  care about you and how you feel.

To keep your  healthy, you can eat at least 5 servings of  and  every day.

Look for  in the grocery store and at  markets.  tells you the food is a healthy choice. This coloring  will show you the most popular  and  that grow in South Carolina.

Taste the ones you've never tried before, and keep eating those you like!

When you're trying for your five, remember what counts for a serving:

- a medium piece of fruit, like an apple
- 1/2 cup of berries or cut up fruit
- 1/4 cup of dried fruit
- 6 ounces of fruit or vegetable juice
- 1 cup of green, leafy vegetables
- 1/2 cup of vegetables, beans, or peas



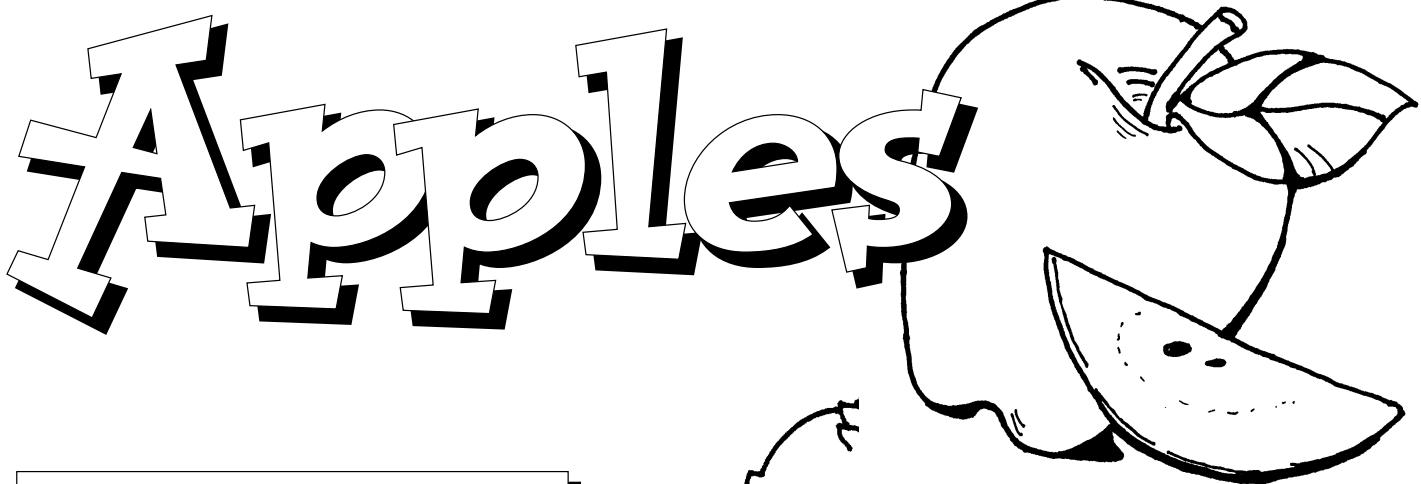
Count Your way to 5 A Day!

Write in the fruit or vegetable each time you eat one serving. By the end of the week you'll be a 5 A Day pro!

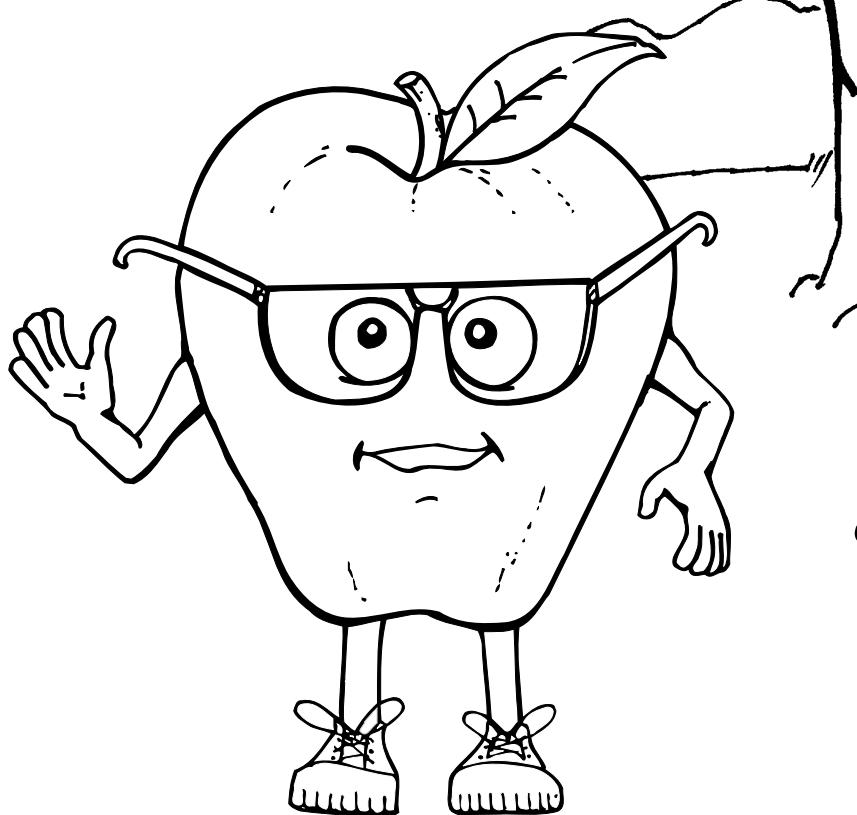
DAYS							
SERVINGS	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1							
2							
3							
4							
5							

Count up servings every day, and you'll be on your way to 5 A Day!

Apples!

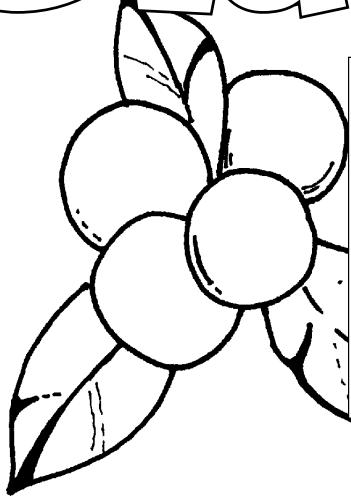


South Carolina
apple trees grow
mostly in the
mountains. "We
apples are grown in
orchards." An
orchard is a field full
of fruit trees.



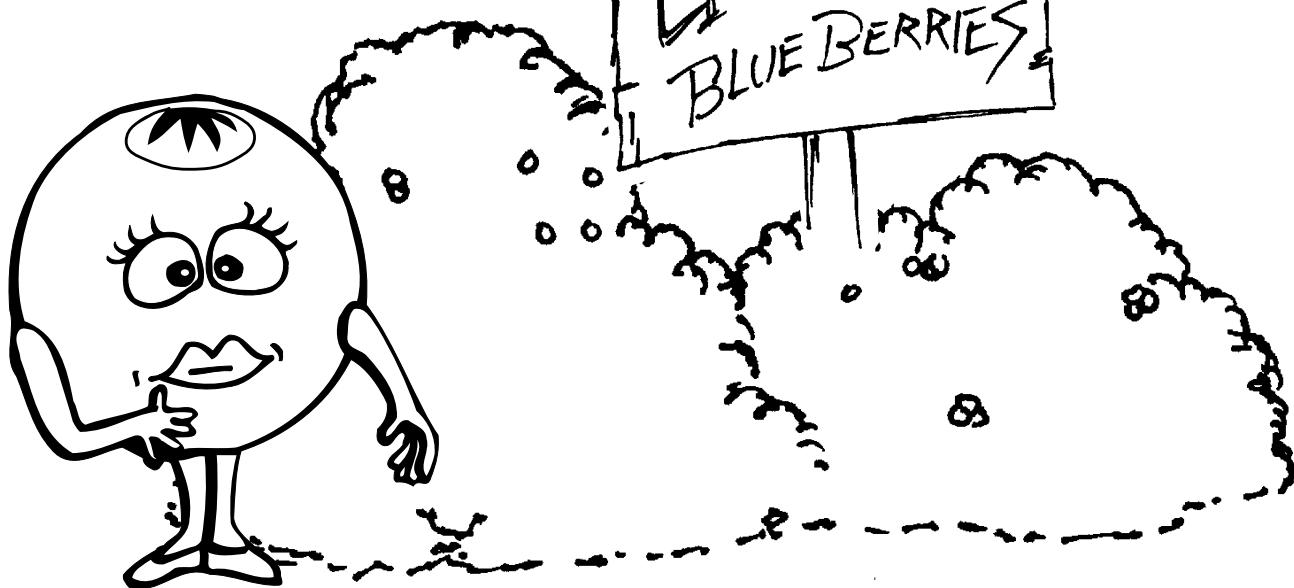
**Try an
apple for an
afternoon
snack!**

Blueberries



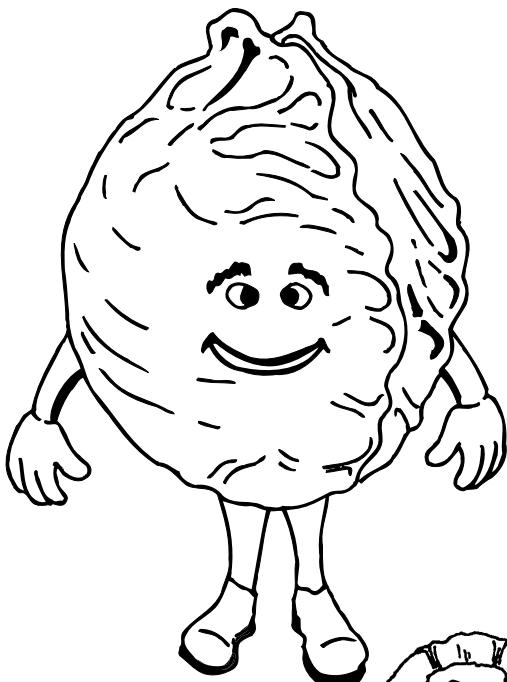
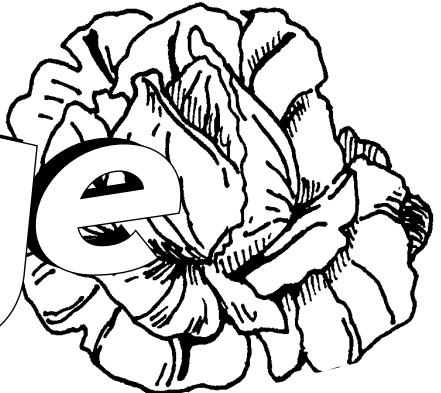
Most South Carolina
blueberries are grown on
“U-Pick” farms - that means
you pick the berries yourself.
Blueberries grow on bushes.

Pick me.
I taste best
right off the
bush!



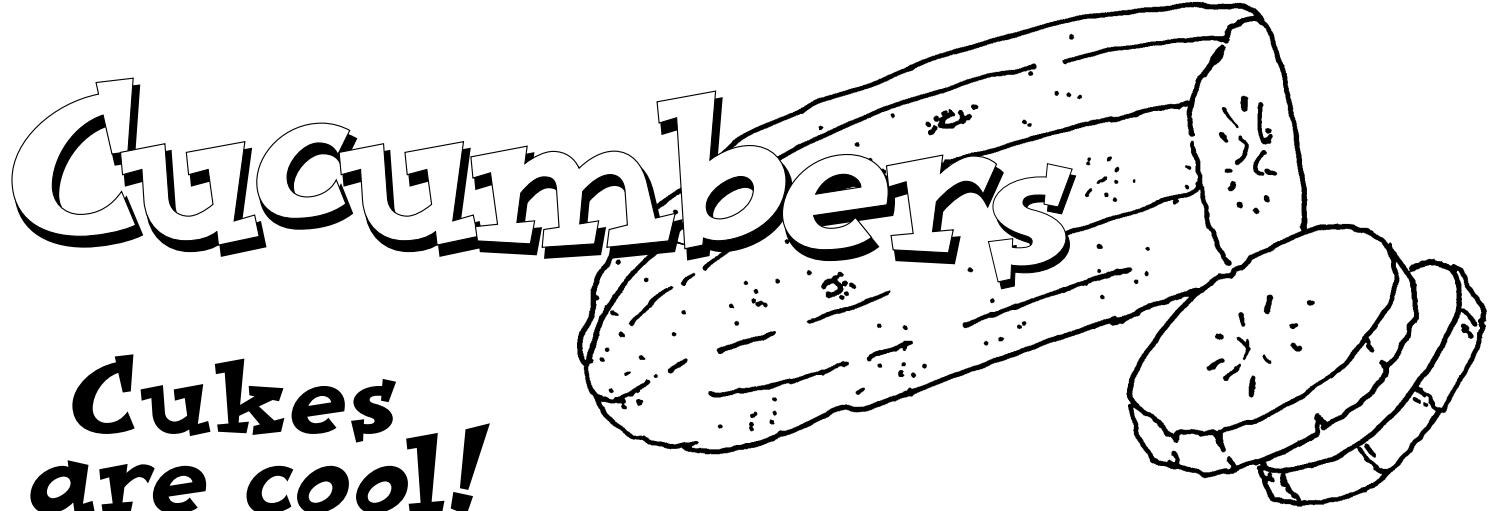
Cabbage

What's a picnic
without coleslaw?

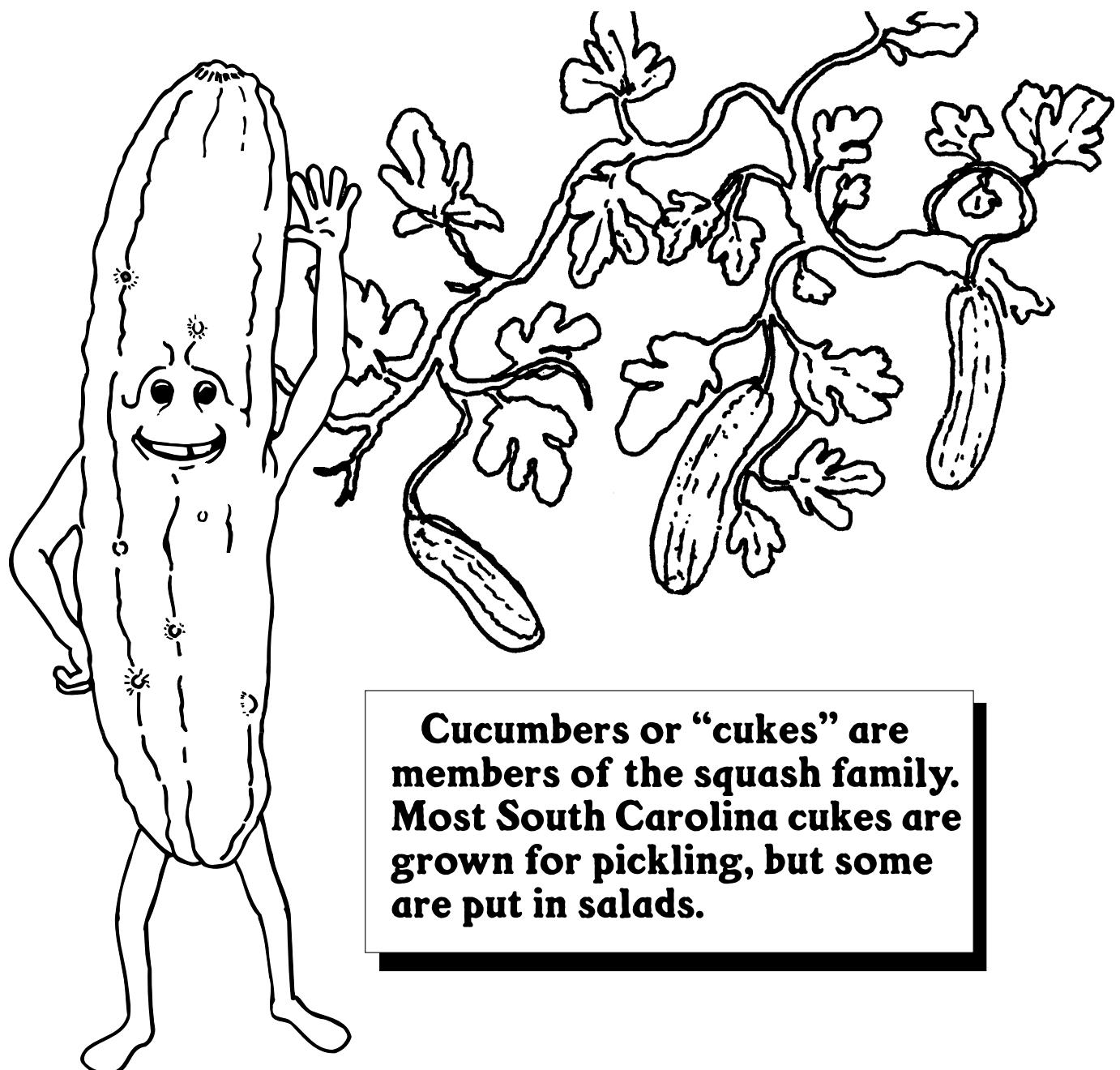


"I may look like lettuce, but I'm packed with good stuff." Cabbage is great cooked or raw.





**Cukes
are cool!**



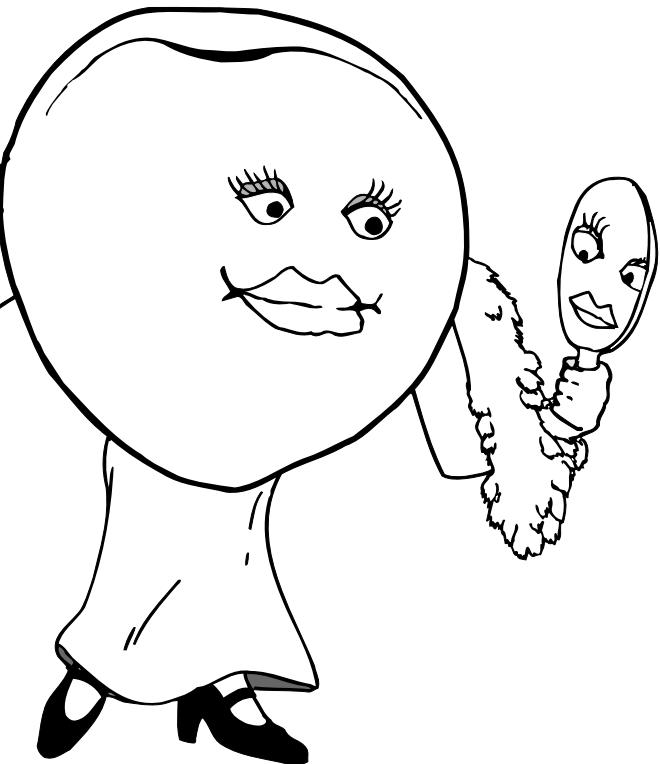
Cucumbers or “cukes” are members of the squash family. Most South Carolina cukes are grown for pickling, but some are put in salads.

Peaches

A peach has soft fuzzy skin.
You can peel it off or wash it
and eat the whole peach.

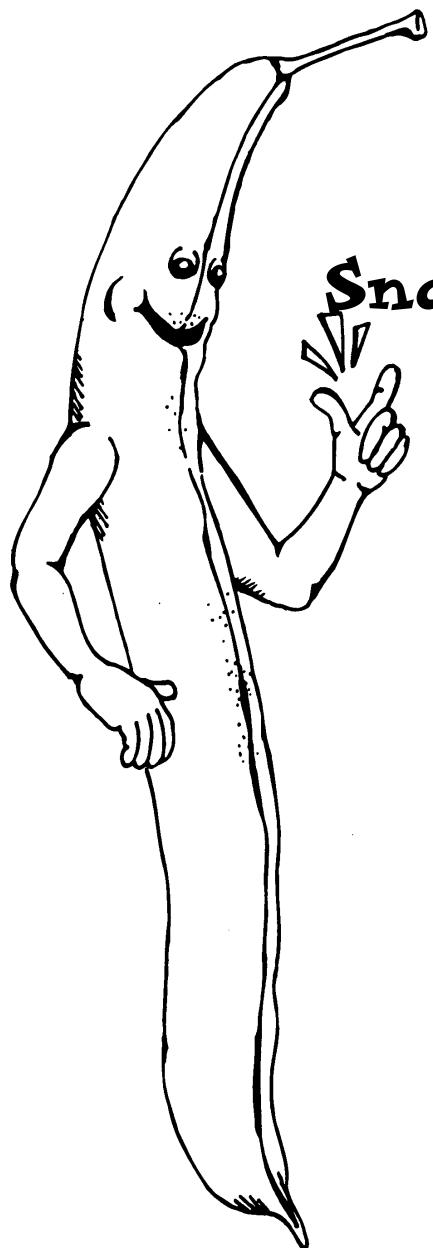


Try me sliced
on cereal!



Snapbeans

Try
snapbeans
they're a...



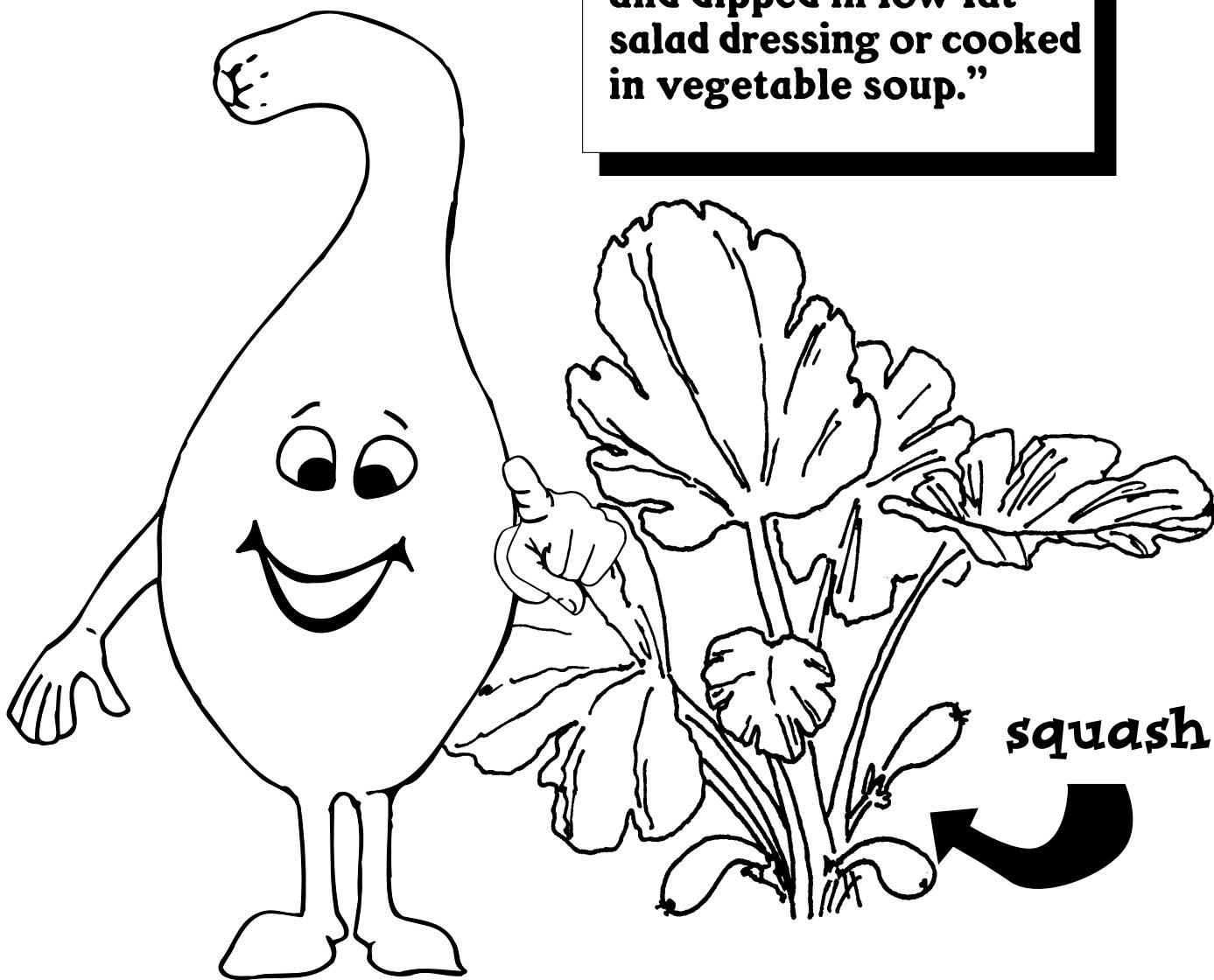
**“ We South Carolina
snapbeans get our name
from the sound we make
when you break the
skinny pod of the bean.”**



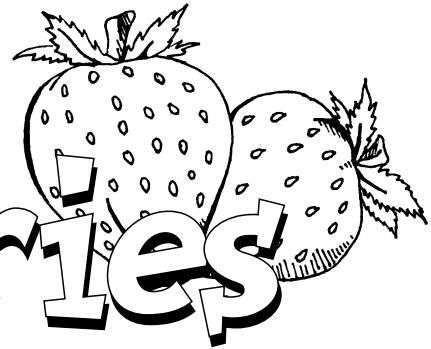
Squash

Try yellow
squash as a
finger food!

"Our bright yellow color tells you we're an extra special vegetable. Try us cut up into sticks and dipped in low fat salad dressing or cooked in vegetable soup."



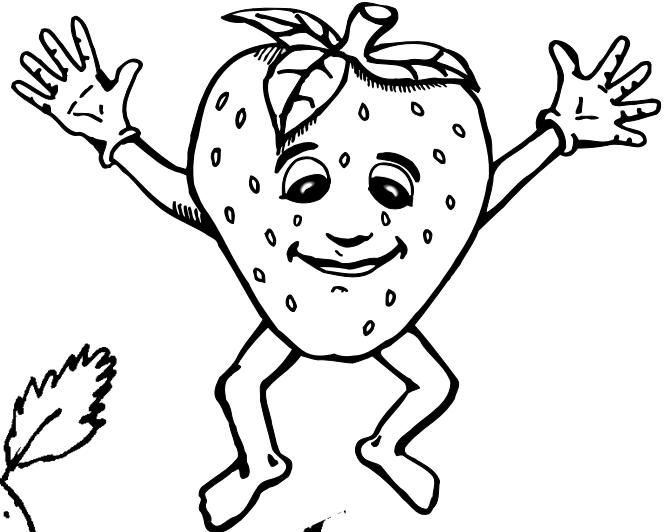
Strawberries



Strawberries are
easy to grow and
have leaves that stay
green all year.

“We're so yummy
that the birds might
eat us before you
can.”

Try
fresh strawberries
for dessert!



Sweet Potatoes

" We South Carolina sweet potatoes are also called yams. We grow underground like carrots and have to be dug up."

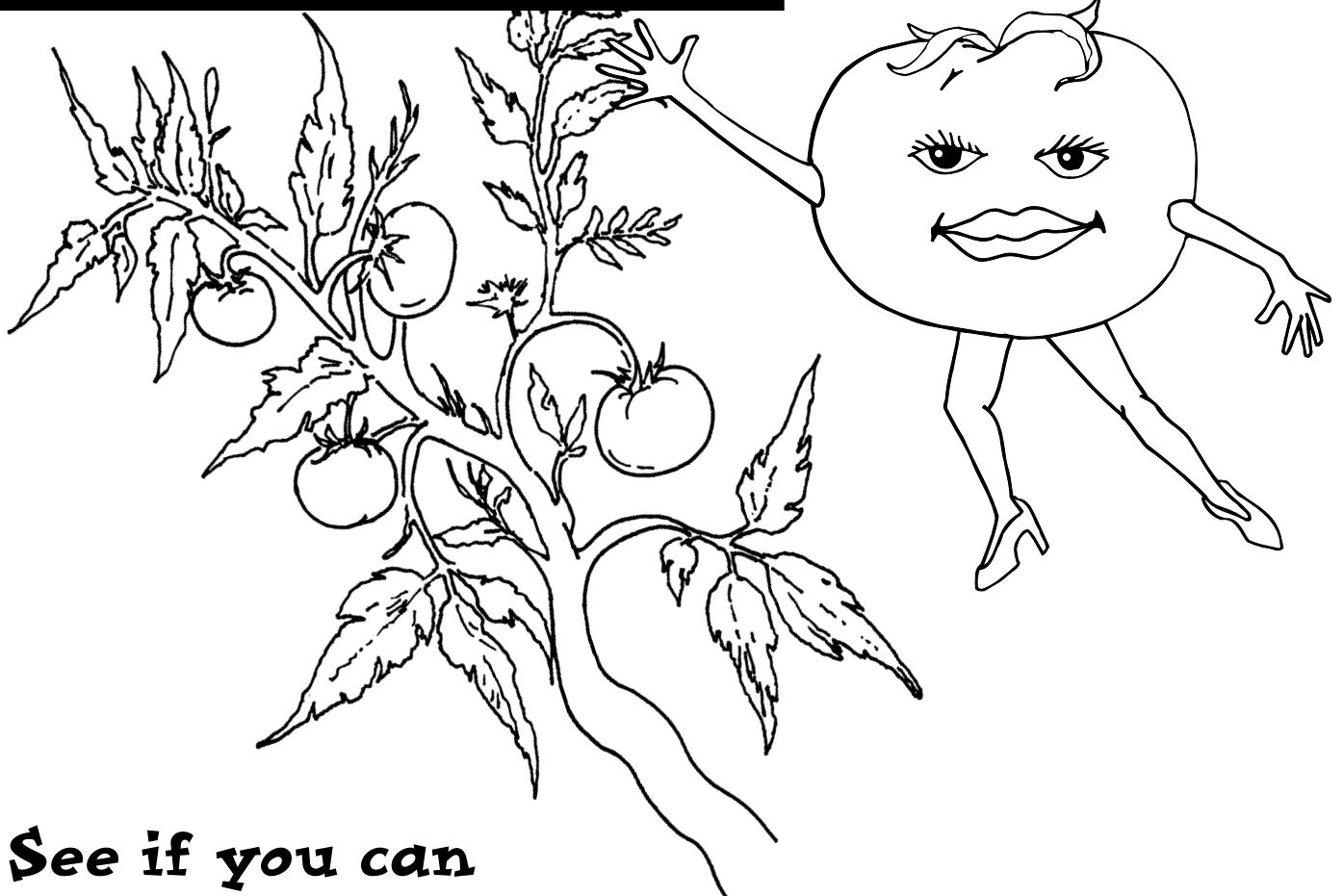


Yam-Up!

Tomatoes

Tomatoes are so easy to grow almost anyone can do it.
“ We can be prepared in a lot of different ways. We are used in spaghetti sauce, salads or eaten straight off the vine.”

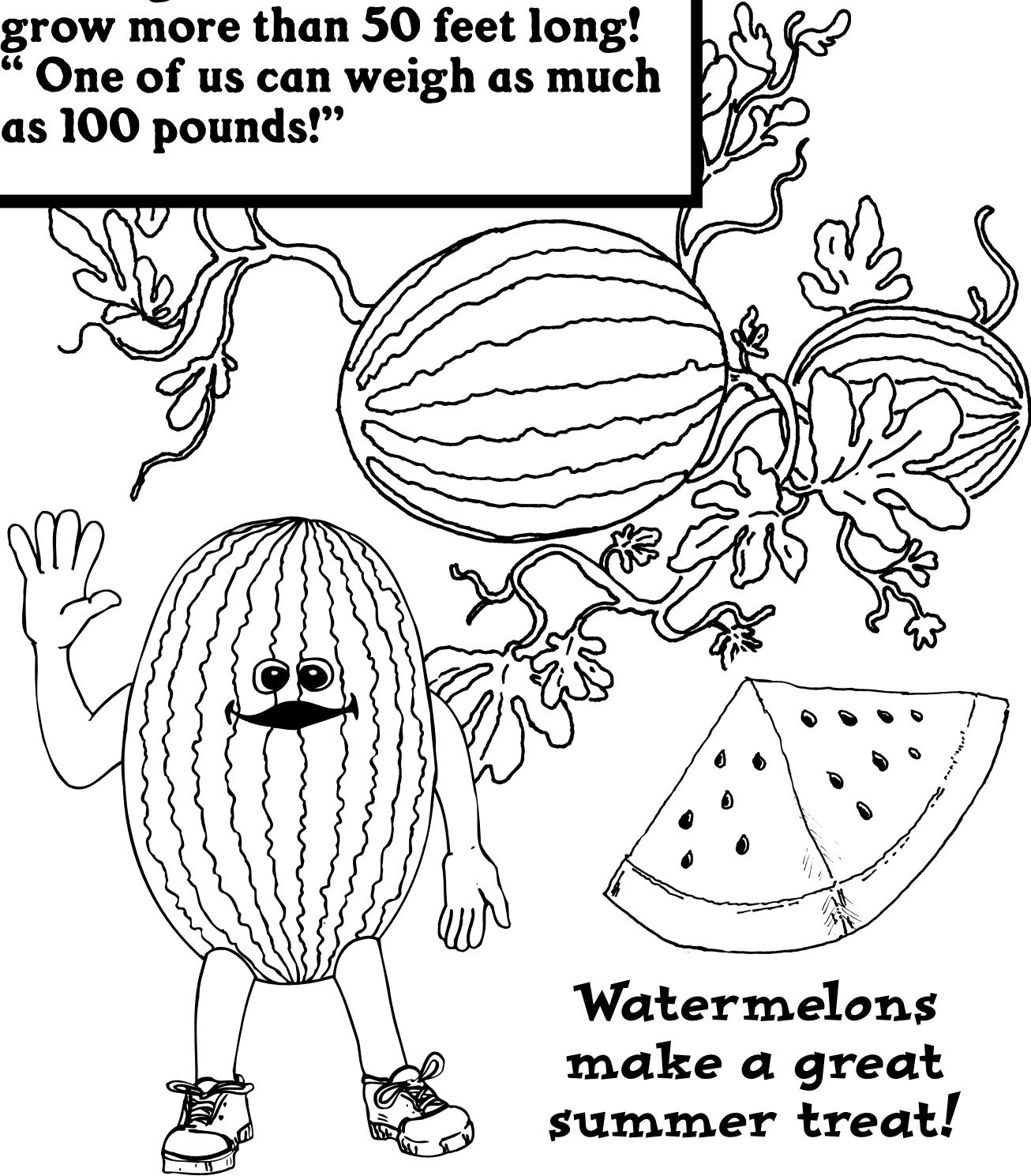
Try a tomato sandwich for lunch!



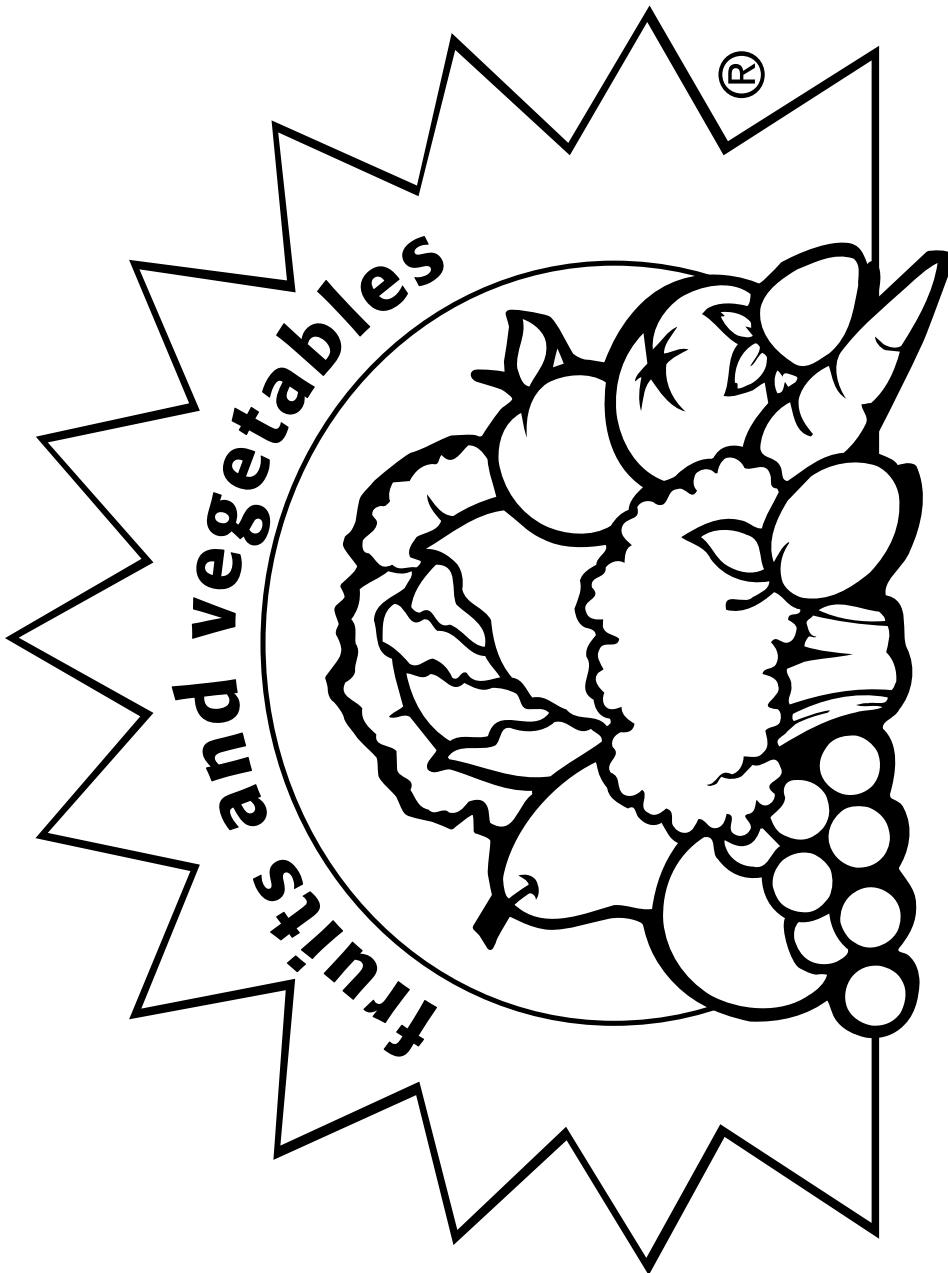
See if you can grow them this summer!

Watermelons

A single watermelon vine can grow more than 50 feet long!
“One of us can weigh as much as 100 pounds!”



Watermelons
make a great
summer treat!



EAT 5 A DAY

for better health

Color the 5 A Day Logo!

Printed November, 2001

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Total Run = 20,000

Unit Cost = \$0.80



This coloring Book is part of the 5 A Day Educational Series created for you by the South Carolina Nutrition Council.

EAT
YOUR
5 A DAY!

